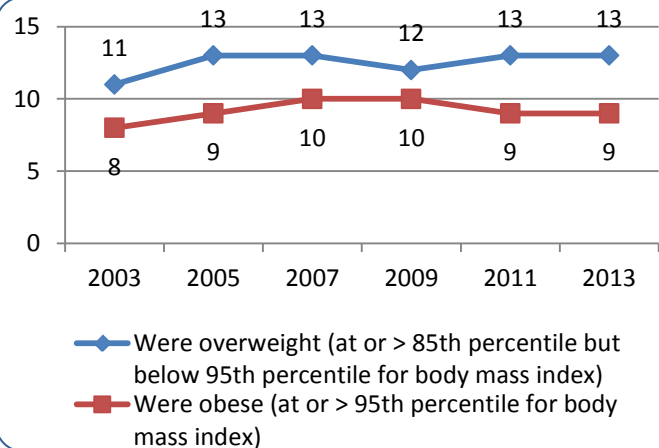
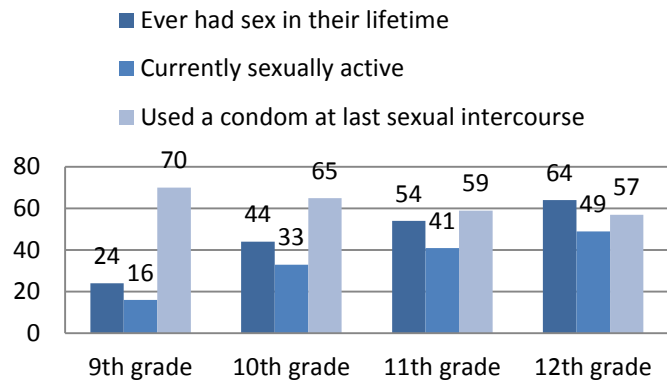


Sexual Behaviors



- Ate **fruits and vegetables** five or more times per day during the past seven days – 18.1%
- Drank **soda or pop** daily during the past seven days – 18.2%
- Ate **breakfast** daily during the past seven days – 40.3%
- Most of the time or always went **hungry** because there was not enough food in the home during the past 30 days – 3.3%

Were **physically active** for a total of at least 60 minutes per day on each of the past seven days – 54.8%

Played **video or computer games**, used social networking tools or the Internet for 3 or more hours per day on an average school day – 29.7%

2013 Montana Youth Risk Behavior Survey



- Unintentional Injuries and Violence
- Tobacco Use
- Alcohol and Other Drug Use
- Sexual Behaviors
- Nutrition and Dietary Behaviors
- Physical Activity

July 2013

Health Enhancement
and Safety Division

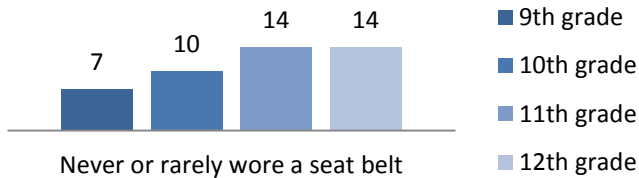


Montana
Office of Public Instruction
Denise Juneau, State Superintendent
opi.mt.gov

Of Montana High School Students, the percentage that . . .

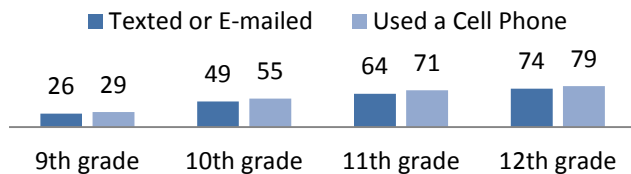
Never or rarely **wore a seat belt when driving** a car – 11.4%

Seat Belt Use Among Drivers



- During the past 30 days, **drove a car** when they **had been drinking** – 12.6%
- While **driving** during the past 30 days, **Texted or E-mailed** – 55.8%,
Used a **Cell Phone** – 61.3%

Distracted Driving - past 30 days

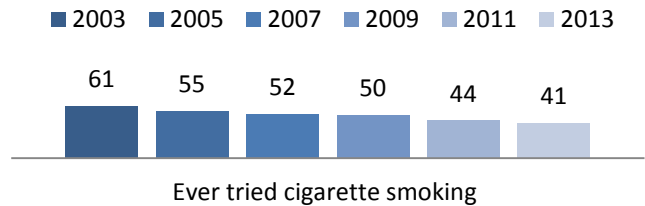


- Had personal **property deliberately damaged** on school property during the past 12 months – 26.2%

During the past 12 months . . .

- Had been bullied on school property – 26.3%
- Had been electronically bullied – 18.1%
- Had been bullied because someone thought they were gay, lesbian, or bisexual – 13.2%
- Felt so sad or hopeless for two weeks or more in a row they stopped doing usual activities – 26.4%
- Considered attempting suicide – 16.8%
- Made a plan about attempting suicide – 13.6%
- Actually attempted suicide – 7.9%

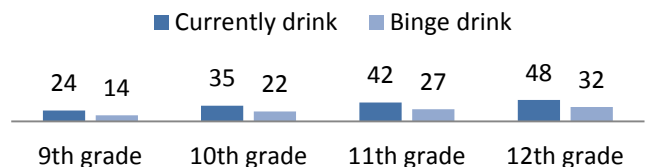
Cigarette Smoking Trend



- During the past 30 days, smoked a cigarette (“current smoker”) – 9.8%
- Ever smoked one cigarette every day for 30 days (“regular smoker”) – 15.2%
- Used chewing tobacco, snuff, or dip during the past 30 days – 13.4%
- Smoked cigars, cigarillos, or little cigars during the past 30 days – 15.8%
- Used any tobacco product during the past 30 days – 26.7%

- Have had a **drink of alcohol in their lifetime** – 70.5%

Alcohol Use - past 30 days



Drug use during their lifetime . . .

- Marijuana – 37.6%
- Cocaine – 6.4%
- Inhalants – 9.9%
- Methamphetamines – 3.6%
- Ecstasy – 8.2%
- Prescription drugs – 16.2%